AMENDMENTS TO THE CLAIMS:

1-5. (Cancelled)

6. (Currently Amended) An insert adapted to connect to opposite walls in a heat exchanger tube, said insert comprising a corrugated sheet having alternating wave crests and wave troughs connected by wave flanks having openings therein, said insert having a first section having a first wavelength and a second section having a second wavelength in series with said first wavelength, said first section being adjacent said second section and said first wavelength being [is] less than the second wavelength.

7. (Original) The insert of claim 6, further comprising a third section having a third wavelength, said second section being between said first and third sections with said second wavelength being greater than said first and third wavelengths.

8. (Currently Amended) The insert of claim 7, An insert adapted to connect to opposite walls in a heat exchanger tube, said insert comprising a corrugated sheet having alternating wave crests and wave troughs connected by wave flanks having openings therein, said insert having a first section having a first wavelength and a second section having a second wavelength, said first section being adjacent said second section and said first wavelength being is less than the second wavelength, further comprising a third section having a third wavelength, said second section being between said first and

third sections with said second wavelength being greater than said first and third wavelengths and further comprising a heat exchanger medium inlet opening in said first section and a heat exchanger medium outlet opening in said third section, wherein said first and third wavelengths are substantially the same.

- 9. (Original) A method of producing an insert according to claim 6, comprising:
 - transporting a sheet metal strip at a specific feed rate and specific advance through a deformation die on an eccentric press that operates with continuous stroke operation; and
 - (b) selectively changing one of the feed rate and continuous stroke speed, wherein
 - (1) at a constant continuous stroke speed, the feed rate when reduced forms said first section and said feed rate when increased forms said second section, and
 - (2) at a constant continuous feed rate, the continuous stroke speed when reduced forms said second section and said continuous stroke speed when increased forms said second section.

10. (Original) The method of claim 9, further comprising interrupting continuous stroke operation during continuous feed of said metal strip to form a section having one of either no waves or a single long drawn-out wave.